

Pennsylvania's Statistics

3.3% of all households in Pennsylvania are food insecure with hunger.
10% of all households in Pennsylvania are food insecure.

Demographics

Food security is defined as “assured access at all times to enough food for an active and healthy life, with no need for recourse to emergency food sources or other extraordinary coping behaviors to meet basic food needs”. People who frequently worry about the source of their next meal, or who need the help of food pantries or of extended family members in order to eat, are “food insecure”.

Hunger is defined as “the uneasy or painful sensation caused by lack of food due to the recurrent and involuntary lack of access to food”.

Population (2007):	Pennsylvania 12,432,792 United States 301,621,157
Median Household Income (2007):	Pennsylvania \$48,576 United States \$50,740
Poverty Rate (2007):	Pennsylvania Average 11.6% National Average 13%
Child Poverty Rate (2007):	Pennsylvania Average 16.3% National Average 18%
Unemployment Rate (November 2008):	Pennsylvania Average 6.1% National Average 6.7%

FEDERAL NUTRITION PROGRAM
PARTICIPATION IN PENNSYLVANIA
Food Stamp Program/Supplemental Nutrition Assistance Program

Participation (June 2008):	1,172,844 persons
Participation (June 2007):	1,119,945 persons
Percent Change:	+4.72 %
Percent of Eligible Persons Who Participate (2006):	67.26% (nationally)
Average Monthly Benefit (June 2008):	\$98.61 per person \$204.94 per household
Length of Food Stamp Application:	8 pages

Prepared: Fall 2008

**HAVE YOU EVER
BEEN HUNGRY?**

**UNDERSTANDING THE REAL
CAUSES OF HUNGER**

AND

**WHAT YOU CAN DO TO
MAKE A DIFFERENCE!**



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Funding for this brochure made possible through:

**MAZON: A Jewish Response
to Hunger**

HUNGER FACTS:

- It is estimated that nearly 1 billion people around the world are chronically hungry
- 30,000 children die EVERYDAY of hunger or disease resulting from hunger
- Nearly 200 million children in the world are malnourished
- 1.3 million children in the U.S. go to bed hungry (Bread for the World, 2004)
- 36.3 million American people live in households that experience hunger. This means that one in the households in the U.S. is hungry (USDA)
- The U.S. Administration on Aging estimates that 1 out of 4 seniors in the U.S. has an inadequate diet
- Improper diet causes illness and obesity

IF THERE IS ENOUGH FOOD, WHY ARE PEOPLE HUNGRY?

- A small minority controls most of the world's farmland
- The governments of developing countries assign a very small percentage of their total expenses to growing local food
- Over half of the grain grown in the world and half of the fish caught are used to feed livestock
- The violence of war destroys crops and food supplies, as does natural disasters – hurricanes, tornadoes, tsunamis, earthquakes
- Food costs money. Poverty, on the rise, is a major cause of hunger. Causes of poverty include: unemployment, inadequate wages, lack of medical care, discrimination and environmental concerns
- Overpopulation in certain countries

UNDERSTANDING THE DIFFERENCE: CHRONIC HUNGER VS. YOU

Hopefully, the only hunger you've experienced is if dinner isn't ready when you are!

Chronic hunger is:

"Hunger is a curious thing: At first it is with you all the time, waking and sleeping and in your dreams, and your belly cries out insistently, and there is a gnawing and a pain as if your vitals were being devoured, and you must stop it at any cost...then the pain is no longer sharp but dull, and this too is with you always, so that you think of food many times a day and each time a terrible sickness assails you...then that too is gone, all pain, all desire, only a great emptiness if left, like the sky, like a well in drought."

From Nectar in a Sieve, by Kamala Markandaya

HOW CAN YOU MAKE A DIFFERENCE?

- **TALK ABOUT IT!** Talk to your family and friends about what you know about hunger.
- **Keep a journal of how your family eats, how much is wasted.**
- **Invite speakers to address issues related to poverty and hunger**
- **Write letter to local politicians, newspapers, local business leaders, producers of TV news programs about the knowledge you've gained and what can be done to eliminate hunger,**
- **Plan a class hunger project with other students – organize a food drive, volunteer at a soup kitchen, food pantry or shelter**
- **Join an organization working to end world hunger and share your experiences with everyone**
- **Organize a fundraiser:**
 1. Have a healthy bake sale
 2. Hold a flea market
 3. Organize a walk-athon
 4. Have a community auction
 5. School dance-athon
 6. Fast – give up one meal a week or junk food for one week and donate the money to a cause
 7. Car Wash
 8. Birthday donations – ask people to make a donation to a charity, rather than buy a gift

FOR MORE INFORMATION:

America's Second Harvest: www.secondharvest.org

Bread for the World: www.bread.org

CARE: www.careusa.org

PA Action Hunger Center: www.pahunger.org

CEO: www.ceopeoplehelpingpeople.org